

NEWS & VIEWS

The Andover Senior Center

September 2017, Vol. 1 Issue 9

September

A Note from: Annmary I. Connor, LICSW
Director of Elder Services



As we head into September, and the weather starts to change, please take note of some of these updates. Starting the Week of 9/11, the Senior Center at Punchard will be open daily from 8 am to 5 pm; Thursdays until 9 pm (when BoomerVenture programs run) and on Saturdays from 8 am-3 pm. More afternoon programming will be added. We welcome your ideas and suggestions.

We continue to roll out new programs each month. We will be having 5 student interns from 4 different higher education institutions. These interns will be providing valuable service and resources to the community. There will be many new faces you will see around the Center.

We have not finalized all programs for September, so please check with the Center for new programs. We hope to have our Facebook page up and running in September to bring you breaking news about the Center. The Town's web page has been updated and enhanced and we ask you to check it out. Our monthly newsletter is posted on this web page.

We would like to thank our sponsors who support us through advertising and donations. When you see our advertisers, please say thank you to them - a thank you goes a long way. Thank you for all your support as I have officially been here for 1 year on September 4th!

The Senior
Center at
Punchard
Growing together

Mission Statement:

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

Contact Info

Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: seniorcenter@andoverma.gov



Phone # 978-623-8320

A Division of the Department of Community Services

Special Monthly Events

Friday Speaker Series

Friday, September 8; 8:30 am – Bill Kirk – Editor, The Andover Townsman
Join us for our Friday Speaker Series kick-off with Editor of the Andover Townsman – Bill Kirk! Ever wonder how local newspapers are so good about keeping up with what's going on around town? Bill will address a variety of topics including the importance of media, why local newspapers are so important in our lives, how local newspapers impact us directly – schools, roads, police, fire, taxes, senior issues & events, etc., and why they report 'Real News' as oppose to 'Fake News'. Sign up at 978-623-8320.

Andover Remembers 9/11

Monday, September 11; 8:30 am - Location: Andover Town Offices
This year marks the 16th anniversary of 9/11. Please join the Director of Veterans' Service Office Mike Burke at this year's ceremony as we reflect and remember the lives of 4 Andover residents that were killed on 9/11.

Lunch & Tour Windsor Place of Wilmington

Monday, September 11; - Free
Join us for an Elegant free Meal and Tour of Windsor Place of Wilmington! What better way to experience all they have to offer? Transportation provided. Seating limited! Sign up 978-623-8320.

Fix it Shop

Monday, September 11 at 1:00 pm & Monday, September 25 at 1:00 pm
Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot. Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee.

Computer Users' Group

Monday, September 11; 1:30 pm at MHL
This group meets the second Monday of the month at Memorial Hall Library at 1:30 pm from September until June. Backing up your computer as well as phones and tablets. Why backup your information? Equipment failure, user or software errors, and malware can all cause the loss of data. Today much of our lives is in digital form on our computers and other devices which can include photos, movies, music, and documents. Much of this is irreplaceable and this is why backup is so important.

The Massachusetts Homestead Protection Act

Friday, September 15 at 9:30 am - Free
Northern Essex Register of Deeds M. Paul Iannuccillo will conduct a seminar and answer questions regarding the Homestead Act in Massachusetts which offers protection for a person's residence from most creditors up to \$500,000. The fee for filing a Homestead is \$35.00, cash or check is acceptable, if you chose to do so at that time. A notary will be present and homeowners should bring their deed or they can help provide one.

Happy Birthday to You!

Friday, September 15; 11:45 am; third Friday of every month. This event is open to everyone. This is part of the congregate lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know at the front desk if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Enjoy the Gentlemen Songsters, courtesy of the Andover Senior Community FRIENDS Inc. You won't want to miss this show!

September is Senior Center Month

Calling All Writers!

Do you have the "Write Stuff"?
Please consider joining with a group of writers (The Write Stuff) to share your work and encourage others.
To resume in the fall on
Wednesdays from 10 – 11:30 am.

Computer Users Group

Dates for Fall/Winter 2017:
Sep 11, Oct 16, Nov 13, Dec 11
Lower level activity room of
Memorial Hall Library at 1:30 pm.

Memory Café

September 25, 2017; 1:00 pm
Please contact Annmary Connor for information on this fun and supportive group.

Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department.
Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Department at 978-475-0411.



Chinese

本中心的《英文月报》
(News & Views) 另附有《中文简讯》，而且
都将分送到您的住处；您
也可在本中心网站查阅，
或者电邮给您。

若需电邮，请把邮址传给
Chris 女士，登记索要
《中文简讯》，即

email to: chris.marshall@andoverma.us Translation of
above statement. We offer a
brief summary of our monthly
newsletter for you in Chinese.
These will be distributed to
housing, on our web site or if
you would like we can email
them to you. Please give your
email to Chris Marshall
chris.marshall@andoverma.us
to sign up for the Chinese
summary. Thank you.

Special Monthly Events

Elvis comes to the Center to kick off Senior Center Month

Officially Open Saturdays – Celebrate with a Performance by Elvis!

Saturday, September 16; 12:30 pm - Open to all - \$5 pp fee/\$15 family
Come join us for our first Saturday open! Elvis will be in the house!

We are serving a few of Elvis' favorites for lunch for \$2.50 (congregate)—Peanut Butter & Banana Sandwiches and Sweet Potato Pie! Make sure to reserve your spot. You won't want to miss all the fun!

Social Security Presentation

Monday, September 18; 1:30 pm

Marilenin Vasquez, serves as the Social Security Administration's spokesperson for North of Boston and the state of New Hampshire. As the Social Security's Public Affairs Specialist, she educates the public about Social Security programs, rules and regulations. She is an expert in the subject and available to answer all of your questions such as but not limited to: When can I retire? What percentage am I entitled to if I retire early? What about if I wait until my full retirement age or age seventy? Can my spouse get dependent benefits? What about other dependents? Can I suspend my benefits, so that my spouse collect spousal benefits? Can I work and still get Social Security benefits? What are my options when it comes to Medicare? Who can get survivors benefits? And many more...

Happy Senior Center Month! - Frank's Famous Family Style Buffet

Thursday, September 21 at 12:00 pm—\$7

Come join us for a special luncheon to celebrate Senior Center Month!

Senior Medicare Patrol—Protect Yourself From Medicare Fraud

Friday, September 22 at 12:30 pm

Protect yourself from healthcare errors, fraud and abuse by learning how to maximize your Medicare benefits and reduce unnecessary claims and expenses. Presented by Massachusetts Senior Medicare Patrol Program. Get your free personal healthcare journal.

FBI: A conversation on Justice and Counter-terrorism

Wednesday, September 27; 8:30-9:30 am

Join this discussion group which will focus primarily on current developments in the area of criminal justice and counter-terrorism. Participants are encouraged to share information concerning books, articles, documentaries and other media related to the topics that would be of interest to the other members. Welcome Jay White, former FBI agent. Please be sure to register for this event as it is subject to change, as are other events at the Center.

American History: But Not the Way You Learned it in School!"

Thursday, September 28 at 3:00 pm— Part 1 of a 3 part series! Go back to school with Don Robb. This fall's six sessions will cover the Constitution - we'll start with why and how it was written, and then proceed to reading and discussing the whole text of the Constitution and its Amendments, with discussion on each section - what it means, and what the Supreme Court has said about it.

Protect Yourself from Fraud and Scams

Friday, September 29 at 9:30 am

You won't want to miss this workshop which focuses on educating the elderly to identify potential financial scams.

Special Monthly Events

DO YOU WANT TO PLAY CARDS or other board games?

Join other like-minded, fun-loving folks to put together a table to play a variety of games. Or if you know a game and want to teach (like canasta?) let us know and we'd love to help you organize a group. Afternoons Tuesday – Friday and some mornings. Contact Zeff M. for details at the Center.

Chinese American Association of Andovers and the Elder Services

of Town of Andover are proud to host Friday evening's activities in the month of July. The activity will be including Zumba, Yoga, Pingpong, board/card/Mah Jong games, other socializing activities. Free of charge and all are welcome. Fridays 6:30pm - 9:30pm

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，棋牌，麻将和其它社交。活动免费，欢迎光临。

时间：星期五晚上6:30-9:30

地点：The Center at Punchard, 30 Whittier Court, Andover, MA 01810

Drop in Groups

Craft Corner: Thursdays; 9:30 am

Fiber Arts: Wednesdays; 10 am

Fun and Games– Tuesdays thru Fridays; 1 - 4 pm

Knit Purl Repeat! You Can Knit Too: Lessons on Wednesdays at 1 pm

Knit Wits: Wednesdays at 1 pm

Mindfulness Meditation: Fridays from 3 - 3:30 pm

Model Building: Wednesdays at 9 am

Monday Movie Matinee: Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase. Come in out of the heat and enjoy popcorn and a cold drink!

Stop by the Center for the full listing of movies for September.

Open Studio Art: Wednesdays and Thursdays at 9:00 am

Ping Pong: Fridays at 2 pm

Quilting: Mondays at 9 am

“SHOP” Sewing Group: Wednesdays at 9 am

Social Bridge: Tuesdays at 1 pm

Postage Stamps

Did you know that books of postage stamps are available at The Center at Punchard? Just stop by the front desk!

September 11th Ceremony

This year marks the 16th anniversary of 9/11.



Please join us at this year's ceremony as we reflect and remember the lives of 4 Andover residents that were killed on 9/11

Monday, September 11th @ 8:30 AM

Location: Andover Town Offices

The Senior Center at Punchard

Town Manager
Andrew P. Flanagan

Director of
Community Services
Joseph Connelly

The Senior Center Staff
Director
Annmary I. Connor, LICSW

Outreach Coordinator
Kristine Arakelian, LCSW,
MPH

Senior Connections
Sharon Thomson, RN
Linda Lambert

Program Coordinator
Noelle Kaelblein

Office Staff
Christine Marshall, Editor
Andrea Zaines

Nutrition Staff
Frank Melendez, Chef
Sue Starbird

Transportation/Intake
Shawna McCloskey
Carol Howe
George Perakis

Council on Aging Board
Meets at 8:30 am on the
2nd Thursday each Month
All are Welcome!
The Council can be reached
via email at:
first.last@andoverma.us

Kenneth DeBenedictis,
Chair
Margaret O'Connor, Vice
Chair
Kimberly Rainen, Secretary
Molly Bicking
Joan Fox
Tana Goldberg
Jane Gifun
Joseph Ponti
Thomas Rando

Center Hours
Monday - Friday
8 am - 4 pm
Thursday Evenings for
BoomerVenture Campus
6 pm - 9 pm
978-623-8320

web: [www.andoverma.gov/
seniorcenter](http://www.andoverma.gov/seniorcenter)

Health & Wellness

Did you know?

Massage . . . Reflexology

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment. Massage is only \$15 for 20 minutes for seniors over 60. Reflexology is \$1 per minute starting in 15 minute increments.

Foot Care

Please check with the Center for Podiatry Appointments for September.

Bereavement Support Group

Thursday, September 7; 1:30 pm

To register please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion.

Parkinson's Support Group

Thursday, September 14; 1:30 PM

This group meets the second Thursday of the month, September through June; 1:30-3 pm at The Center. Please call Kristine Arakelian, outreach coordinator, to confirm your attendance or for further information. All are welcome. Special guest this month Chris Hennessey, Territory Manager, Deep Brain Stimulation, Abbott Pharmaceutical will be discussing "The latest Advances for Parkinson's Disease treatment, Directional Deep Brain Stimulation.

Pain Management Support Group

Monday, September 11, 1:30 pm

This helpful group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN

Balance Clinic

Monday, September 18; from 2 to 3:30 pm

Join us for this new quarterly balance assessment clinic. Take this opportunity for a 1 on 1 assessment with a registered Physical Therapist to develop a plan to improve your balance. It is also an excellent opportunity to visit our Wellness Clinic where our nurses offer a confidential meeting to check blood pressure and help you manage your day-to-day questions and health needs. Please call to register!

Wellness Clinics

Wednesdays; 2:00 pm. Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs.

Senior Center Month

Health, Wellness, Fitness

Fall Session: August 21 – November 10

Registration Week: August 7 – 11

Breath, Balance and Body Wellness

Tuesday, August 22 – November 7; 2 pm; **FREE this term only!** *** see below

3B's – Bones, Balance & Brain

Back by popular demand! Welcome Brian Coyne

Monday, August 21 – Nov. 6; 8 – 8:45 \$44

Line Dancing

Tuesdays, August 22 – November 7; 2:15 pm; \$48

Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm

Intermediate Challenges - 3 pm

Men and Women in Motion

Tuesdays, August 22 – November 7; 8 am; \$45

Thursdays, August 24 – November 9; 8 am; \$45

Sit and Get Fit

Tuesdays, August 22 – November 7; 10:15 am; \$45

Fridays, August 25 – November 3; 10:15 am; \$41.25

Strength Training

Wednesdays, August 23 - November 8; 8:00 am or 8:45 am; \$45

Fridays, August 25 – November 3; 8 am or 8:45 am; \$41.25

Strengthen and Stride

Tuesdays, August 22 – November 7; 9 am; \$45

Thursdays, August 24 – November 9; 9 am; \$45

Tai Chi Beginner

Tuesdays, September 5 – November 7; 1:10 pm – 2:10 pm; students new to tai chi; \$37.50

Tai Chi Advanced Beginner

Thursdays, September 7 – November 9; 2:15 pm – 3:15 pm; students have learned some of the forms; \$37.50

Tai Chi Intermediate

Thursdays, September 7 – November 9; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; \$37.50

Tap Dancing Basic

Wednesdays, August 23 - November 8; 9:35 am; \$42

Tap Dancing Performance

Wednesdays, August 23 - November 8; 12:45 pm; \$42

Yoga Beginners

Tuesdays, August 22 – November 7; 10:30 am; \$45

Yoga Advanced Beginners (some prior experience suggested for this gentle yoga practice) Wednesdays, August 23-November 8; 1:00 pm; \$45

ZUMBA

Tuesdays, August 22 - November 7; 3:30 pm; **FREE this term only!** ***

*****FREE classes courtesy of the Andover Senior Community Friends**

No more out of town fees!

Fix it Shop

Monday, September 11, 25, and

October 16 & 30 at 1 pm

Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot.

Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee.

ESL Classes

Mondays, August 17 – November 6;

1 pm; off-site at Frye Circle; Free

Nature Walks

On break until the fall.

Golf

Tues. 7 am; \$18 for 9 holes

A group of senior golfers will hit the links on Tuesday mornings starting in early May at the Tewksbury Country Club. Newcomers always welcome!

Call Tom C. at 978-470-1087.

Andover Chroniclers

On break until the fall.

SHINE

(Serving Health Information Needs of the Elderly)

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options.

Call The Center to schedule an appointment.

Monday Fun Trips, **10 am - 2 pm**

\$10; sign up to reserve your seat on the bus

Monday, Sept. 25 ***North Reading***

*It's always fun to go to
Walmart,
the Dollar Store, Marshalls,
and get some lunch!*

Merrimack Valley Regional Transit Authority (MVRTA)

The MVRTA offers transportation to many towns and cities.

You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services.

Please stop by for information or call 978-469-6878

Brown Bag

Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month,

Sept 26, 2017 at 9:15 am and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible.

Transportation

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Carol for more details and donation information.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

Daily Ride to The Center

Daily ride fees to The Center \$2 each way or \$4 round trip.

Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon. Other days and times may be available.

Please call Carol at 978-623-8320 for transportation scheduling.

Senior Connections:

an engaging program creating meaningful days

Free Trial Day For New Senior Connections Participants:

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

Senior Centers: Masters of Aging

"This year's theme highlights the many ways senior centers lead their communities and inspire individuals to master this phase of life. Individuals search to understand their own needs amidst competing demands and responsibilities. At their senior center, they find programs and resources that inspire them to make the most of their time. Community leaders often turn to senior center professionals, their local masters of aging, to facilitate improved services and positively address changing demographic challenges and opportunities." -NCOA.org



Belly Dancing

Thursdays, September 14 – November 9; 6:00 – 7:00 pm **FREE** this session! 9 sessions

Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your “inner dancer”!

ZUMBA

Tuesdays, August 22 - November 7; 3:30 pm; **FREE this term only! *****

*****FREE classes courtesy of the Andover Senior Community Friends**

Serenity Yoga

Thursday, September 14 – November 9; 7:15 – 8:30 pm; \$58.50; 9 sessions

Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.” Previous experience suggested by not required. Beginners always welcome!

Energize with Exercise

Monday, August 21 – November 6; 3:30 – 4:30 pm; \$55; 11 classes

Thursday, August 24 – November 9; 3:30 – 4:30 pm; \$66

Fun aerobics and weight training workout. Instructor Denise Boucher.

Reflexology with Uli Kapp

Call for an appointment as the schedule is limited during summer hours.

A deep, delightful and effective way to alleviate stress accessing pressure points on each foot that correlate to various parts of the body. This alternative medicine therapy is based on a system of zones and reflex areas with the premise that such work effects a physical change to the body.

Living Healthy Series

Thursday evenings; 5:30-7:00 pm; \$5 suggested donation. Light dinner at 5:30 with presentation at 6:00. Pre-registration requested by calling 978-623-8320. Join us for any or all of these cutting-edge presentations by local experts in each field.

- Thursday, September 14 - **ITS NEVER TOO LATE** - A presentation by an Andover retiree completing his bucket list of hiking to Machu Picchu, Mt. Everest base camp and Mt. Kilimanjaro on 2 bad knees. A video will be shown of the 3 hikes along with commentary by the hiker. If you ever thought of doing one of these hikes but thought you might be too old, you'll see its not too late.
- Thursday, September 21 - Join Margaret O'Connor for a 3 part series on **Downsizing. Part I: Get Ready, Declutter!** Learn the magic of ‘tidying up’, places to donate your things, etc. Do more by owning less!
- Thursday, September 28 - **Blue Cross Blue Shield Medicare Countdown:** If you’re getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it’s important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you’re making the right health coverage decisions.
- Thursday, October 5 - **7 Things you need to know as your loved one ages.** By Susan Gigliotti sponsored and provided by All Care VNA

Outdoor Adventures

Women's Outdoor Adventures

Stay Tuned! Our WOAG team is working on some exciting trips for September. Check back in with us!

Men's Outdoor Adventures

Wednesday, Sept. 6:	Half Mile Hill
Wednesday, Sept 20	Bay Circuit Trail, Andover
Wednesday, Oct 4	Crane Estate, Ipswich

All hikes meet at The Center at Punchard at 9 am and are subject to change due to weather and conditions. Any cancellations or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center, updated annually. Bring binoculars, water, and walking stick and wear sturdy shoes or hiking boots.



Evidence Based Program

Wellness Discovery

September 13; 10 – 11:30. Free of charge with registration. Refreshments provided.

Do you ever experience loneliness? Trouble dealing with on-going aches and pains? Do you fear the future and how you will cope? **Don't Go It Alone!**

Join a confidential peer-led group to learn strategies and coping skills from each other.

A 10 week free class ([WRAP – Wellness Recovery Action Plan](#)) is planned for Wednesday, October 4 through December 13. [WRAP](#) is one of the core activities of the NE Recovery Learning Community. For information & registration please call Vida at (978) 687-4288 ext. 146.



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to partner with
the Center at
Punchard

Regularly Scheduled Programming

The programming below is weekly, some exceptions during semester break weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
8:00 Bones, Balance, Brain	7:00 Golf	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Sunrise Singers	8:00 Men/Women in Motion	8:45 Strength Training	9:00 Strengthen & Stride	8:30 Nature Walks (Sept.)
9:00 Woodcarving	9:00 Strengthen and Stride	9:00 Model Building	9:00 Art Drop-In	8:45 Strength Training
9:00 Quilting	10:15 Sit and Get Fit	9:00 Art Drop-In	9:30 Craft Group	10:15 Sit and Get Fit
10:00 Massage by Appointment	10:30 Beginner's Yoga	9:00 "SHOP" Group	9:30 Townie Trips	1:00 Fun and Games
10:15 Rhythm-Aires	1:00 Fun and Games	9:30 Basic Tap	1:00 Fun and Games	1:00 ESL lessons
1:00 Movie Matinee	1:00 Social Bridge Drop-In	10:00 Fiber Arts	1:00 Duplicate Bridge	2:00 Ping Pong
1:00 ESL Lessons (off site)	1:10 Tai Chi - Beginner	10:00 Grocery Shopping	1:10 Tai Chi - Inter.I (Sept.)	3:00 Mindfulness Meditation
3:30 BV Energize with Exercise	2:00 Breath, Balance and Wellness	12:45 Performance Tap	2:15 Tai Chi—Inter.II	6:30 Chinese American Association Activities - drop in
	2:15 Line Dancing	1:00 Knit Wits	3:30 Energize with Exercise	
	3:30 Zumba	1:00 Fun and Games	6:00 Reflexology	
		1:00 Yoga-Adv. Begin.	7:15 Yoga in the Park	
		2:00 Wellness Clinic		
		2:30 Nordic Walking (Sept.)		

Christmas is coming!

Please think of us this summer as our Santa Elves are already hard at work preparing a wonderful Holiday Fair as a fundraiser for the Center. We can use your help with the following:

- ◇ Knit goods (American Girl, bright colored scarves, hats, mittens, boot sox, etc.)
- ◇ Help with sewing
- ◇ Like-new white elephant items (bring no sooner than the fall please)
- ◇ Used or slightly broken costume jewelry - we will repair, renew and re-sell
- ◇ Baskets large enough to hold plants
- ◇ Baked goods (sign up in November)



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*Joseph L. Morana
Andover Resident*

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Don't forget to ask me about the Andover Senior Center discount!



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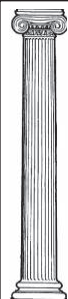


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September 2017 Calendar of Events

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY	SATURDAY
				1 Lunch: Salmon Boat	2 CLOSED
4 CLOSED Labor Day	5 Lunch: Chicken Cordon Bleu	6 Lunch: Chicken Piccata Men's Outdoor	7 Lunch: Cheese Lasagna	8 Lunch: Lemon Pepper Fish 8:30 Friday Speaker Series 1:00 ESL	9 Andover Day (Center not Open)
11 Lunch: Chicken Pot Pie 11:00 Trip to Windsor Place 1:00 Pain Mngmt. 1:00 Fix It Shop 1:30 Computer Users	12 Lunch: Beef Stew	13 Lunch: Pot Roast 10:00 Wellness Discovery	14 Lunch: Meatloaf 8:30 SHINE 10:00 TRIAD 5:30 Living Healthy	15 Lunch: Chicken Marsala 9:30 Homestead Protection Act 12:00 Birthday Lunch	16 Lunch: PB & Banana Sandwiches, Sweet Potato Pie 12:00 Elvis Performance!
18 Lunch: Chicken Cacciatore 1:30 Social Security Pres. 2:00 Balance Clinic	19 Lunch: Shephard's Pie	20 Lunch: Eggplant Parm Men's Outdoor	21 Lunch: Spaghetti & Meatballs, Caesar Salad, Garlic Bread Chef's Choice Dessert—\$7.00 5:30 Living Healthy	22 Lunch: Baked Haddock 12:30 Senior Medicare Patrol	23 Lunch: Grilled Cheese
25 Lunch: Chicken, Broccoli, Ziti 1:00 Fix It Shop 1:00 Memory Cafe	26 Lunch: Stuffed Pork Loin	27 Lunch: Chicken Pesto 8:30 FBI discussion	28 Lunch: Baked Chicken 1:30 Book Club 1:30 American History 5:30 Living Healthy	29 Lunch: Roast Turkey 9:30 Protect Yourself From Fraud & Scams	30 Lunch: Minestrone Soup and Caesar Salad

LUNCH REGISTRATION: Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet make your reservations on the touch screen in the lobby. Need help with that just ask the greeter.

When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50.

SATURDAY LUNCH REGISTRATION: MUST REGISTER 2 DAYS IN ADVANCE. SATURDAY CONGREGATE LUNCH STARTS ON SEPT. 16. MEALS ON WHEELS NOT AVAILABLE ON SATURDAYS.

The Andover Senior Community FRIENDS, Inc.



The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP CODE _____

TELEPHONE: _____ CELL PHONE: _____

EMAIL: _____

MEMBERSHIP:

Senior/Student \$10 _____ / Individual \$15 _____ /

Family \$30 _____ / Patron \$50 _____

Benefactor \$100 _____ Other _____

Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3

The Andover Senior Community FRIENDS upcoming meetings:

Friday, September 8 at 10:30 am



Celebrate

Andover's Oldest Resident

At the

The Boston Post Cane Gala

At

Andover Old Town Hall

On

Friday, September 22, 2017

Cocktails from 6:00-7:00pm

Program, Raffles & Awards

7:00-7:30pm

Dinner & Dancing until 10:00pm

*Presentation of the Boston Post Cane Award
to Andover's Oldest Resident*



Dance to the music provided by

D.B.'S ORCHESTRA



Tickets are \$60 per person and may be purchased at:

The Andover Book Store or the Center at Punchard.

FRIENDS Trips

**4 trips are planned for the Fall -
please call for more details**

The Museum of Fine Arts—Boston

Thursday, September 28; 9:30 – 2:30 pm \$50/48

Entrance into the museum with touchscreen guide and full time tour escort. See anything from The Ancient World to Contemporary Art to Musical Instruments, and so much more!

Advanced Registration at The Center. Checks should be made payable to ASCF.

*Members of the ASCF receive a \$2 discount. Trip reservations are considered final and non-transferable. A refund will be issued only if a waiting list exists and we can fill the space.

Community Pages & More

Duplicate Bridge

Thursdays, August 24 – November 9; 1-4:30 pm;

Free – Donations welcomed

Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

Rhythm-Aires

Mondays, August 21 – Monday November 6; 10:15 am; \$11

Sunrise Singers –*Come and sing your heart out, no experience required!*

Mondays, August 21 – Monday November 6; 9:00 am; \$22

Wood Carving

Mondays, 9 am; FREE

Model Building

Wednesdays, 9 am; FREE

Thinking of You Cards

Call and sign up someone you know who is under the weather and needs a Thinking of You card. Let us know if someone is in the hospital or rehab.

Gift Cards for The Center

Gift Cards for the Center's programs are always available in any amount. Ask about them at the front desk. They make great gifts for family, friends or the person who has everything!

SAVE THE DATE – 2017 Flu Clinics

Two "High Dose" Flu clinics have been scheduled for residents aged 65 and older on Tuesday October 3rd and Thursday October 5th. The clinics will be held at the Cormier Youth Center from 9:00am – 12 noon. By Appointment ONLY. Appointments can be made after September 1st by calling the Health Department at 978-623-8640 during office hours (8:00am to 3:00pm.)

The Community Flu Clinic for residents 3yrs and older will be held on Tuesday, November 7th, from 4 pm- 7pm at the Center at Punchard. Both High Dose and Quadrivalent vaccine will be offered. There will be no Flumist available this season. No appointment necessary.

Billing and consent forms should be available after September 1st. They can be picked up at the Health Division, Library, Center at Punchard, and the Town offices or by logging into www.andoverma.gov/health to download them. Remember to bring your insurance cards with you to the clinic.

"Shots for Seniors"

The Andover Health Department offers several immunizations year round for Seniors.

-Pneumovax 23 - protects seniors against the very serious disease of bacterial or pneumococcal pneumonia. The CDC recommends that every person 65 yrs and older receive one dose of each.

-Tdap - protects against tetanus, diphtheria and pertussis (whooping cough). CDC recommends that every adult should have one dose, especially those who may be around newborns, for example grandparents.

-Zostavax - protects against the very painful and debilitating disease of shingles. One dose is recommended for adults over the age of 60 yrs.

Insurance will be billed for the vaccines. If insurance does not cover the vaccine, the charge is \$15 with the remainder of the cost covered by a grant from the Andover Home for Aged People. Call the Health Department for an appointment with the Public Health Nurse or for more information. 978-623-8640.

Book Nook Library Andover Elder Services in collaboration with Memorial Hall Public Library is pleased to announce a fresh look to come to the Center at Punchard FREE Book Nook library.

Staff will be working to bring about a fresh look and current samplings of donated books/materials. As we work towards this inviting new look there will be a binder for you to list authors you would like to see in the collection. Please understand all the books are donated from our community- we will work towards acquiring authors you prefer. Please see Annmary for more information.

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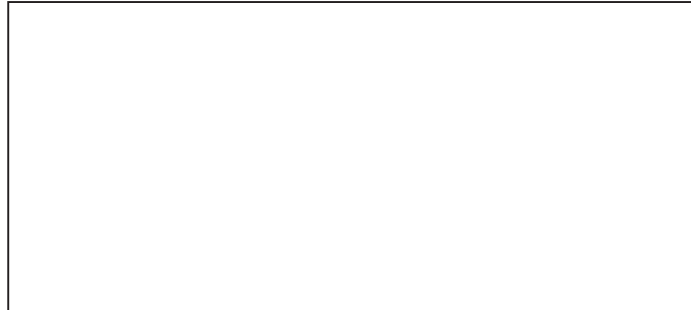
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The Center at Punchard or The Andover Bookstore
Available at the door \$15 per person

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Andover Day, Sept. 9th from 10 am - 4:00 pm

Please stop by the main stage to see our

Sunset Tappers perform at 10:15 am

